

Woman's World

KATHLEEN.

One Queen I own, and one alone
Commands my meek obedience;
No Sovereign named by human law
From her draws my allegiance.
For her I live, for her I strive,
And shall till life is ended;
And with my latest parting breath
Her name it will be blended—
Kathleen,
Your dear name will be blended.

I love God's peace among our hills,
And fain would not destroy it.
I love sweet life in this fair world,
And long would I enjoy it;
But when my Sovereign needs my life,
That day I'll cease to crave it.
And here a breast for woman's steel,
And show a soul to brave it—
Kathleen,
For your sweet sake to brave it.

O, glorious Death on battle-plain
Our foemen oft have baffled;
And the proudest towers of Kathleen
Have holy made her scaffold.
Not mine to choose, not mine to care—
The cause the manner hallow—
I'll court the steel, or kiss the cord,
On green hillside or gallow—
Kathleen,
For you I'd woo the gallow.

My life is then my Queen's to leave,
To order, man to ask it.
This good right arm to fond or strike,
This hand is hers to task it.
This hand, that waits, this heart that beats,
Are hers when she shall need 'em.
And my secret soul is burning for
Her trumpet-call to Freedom—
Kathleen,
O, sound the call of Freedom—
Kathleen.

SECUNDAS MACMANUS.

GOOD ADVICE FOR GIRLS.

No better advice was ever bestowed upon a girl than that given by a worldly-wise matron to her daughter on the subject of male acquaintances. "My dear," she said, "you cannot be too careful in your choice of companions of the opposite sex. Men are not always what they seem to be, and it is necessary for your happiness that you should make a close study of any man who seeks your friendship and society. Of course, all men have their petty faults, which are not so very important. What you have to find out are their great failings which have so much influence upon the happiness and success of life.

"Recognize no man to whom you have not been properly introduced by a mutual friend, who will give you some information about him. A casual acquaintance may prove a true gentleman, but the chances are that he will not. You know nothing about him, and consequently the risk is very great. Many a girl has had cause to rue the day that she encouraged the advances of men she met by chance as the seaside, for instance, or at some place of amusement.

"When you have become acquainted with a man in the proper manner—which, although orthodox, is the only safe way in which to form an acquaintance—then you can set to work to study the principles of his character and decide for yourself whether he is worthy of your friendship or not."

What happiness would be saved if every girl received such excellent counsel, and endeavored to follow it out as far as she possibly could? The chief failing with many girls of today is their lack of womanly dignity and self-respect, which enable them to be approached so easily by any member of the opposite sex.

It is the man who endeavors to scrape an acquaintance without the usual introduction who should be carefully guarded against. "Men are respectable only when they respect," once wrote Emerson, and the man who speaks to a girl in a public place, with the evident desire of forcing his companionship on her, is showing no respect for her, and consequently is not to be recommended for a place among her friends.

The so-called "masher" should be treated with the contempt he deserves, although in justice to him it must be said that the blame does not always rest upon him alone. One often hears of girls complaining that men go so far as to speak to them on the streets, stare them out of countenance, etc. In the majority of cases, if they themselves do not look at the men, they will not be troubled with the objectionable glances and remarks. The girl who goes modestly about her own business will rarely be subjected to insults.

Most men have a respect for the modest, dignified girl. If, on the contrary, the girl is inclined to be bold, they are more than ready to meet her half way. Men are keen judges of woman's nature and the vacuous "masher" knows where to place his ineane attentions. As a rule the well behaved girl is free to come and go as she pleases, secure from obnoxious looks or remarks. But the gay Lothario is quick to take advantage of the least encouragement, and hence it behooves a girl to always stand upon her dignity, and thus prevent his approach.

The man who tries to introduce himself by performing some unnecessary favor is to be included in the class of dangerous men whom it is well to avoid, or at any rate treat with caution. Do not allow yourself to be placed under obligation to a stranger, for he may take some mean advantage of indebtedness to him, and force on you an undesirable acquaintance.

Apart from casual acquaintanceships, however, there are other types of men who are dangerous to the happiness of girls. First and foremost is the lover who desires a secret engagement or marriage. It is not too severe to say that the man who is afraid to acknowledge his love and intentions is not to be trusted. No honorable man who truly loved a woman would place her in the false position which a secret engagement, or marriage under similar circumstances, would bring about.

A secret engagement and marriage allow a man every opportunity of deceiving a woman whom he professes to love. It is an easy matter for him to hide his true character and position from her when he keeps her unacquainted with any of his own friends and relations.

It would be unjust, of course, to say that every man who asked a girl to become secretly engaged to him did so with the intention of deceiving her, or preventing her from finding out anything about himself.

But in any case, the girl who values her own happiness will be very careful about consenting to such a proposal. And if she thinks there is good reason for entering into a secret engagement, she should treat with great suspicion the man who suggests a secret marriage—Monitor.

THE PERFECT HAND.

Interviewed on the question of what the perfect hand should be like, Mr. Frederick Penberthy had some interesting information and quickly destroyed the popular belief that it is the smallest hand that is the ideal one. Apparently the ideal size is that which is six and a quarter glove will fit, and Mr. Penberthy thinks that a well shaped hand in this size looks as elegant as it is possible to look. The ideal hand must be fairly fleshy, with tapering fingers, and such a hand as this will show off a glove to the best advantage, filling out every part of it so that there is not a crease or a line to be seen. The measurement round the wrist at the first button should be five and three-quarter inches, round the knuckles at the base of the fingers six and three-quarter inches, round the hand at the ball of the thumb seven and a half inches, from the base to the

top of the thumb four and three-eighths inches, and from the top of the second finger to the fork three and one-eighth inches, and the other fingers in proportion. The lady who can show these measurements can safely lay claim to an ideal hand which will compare favorably with any other.—Boston Globe.

SUNDAY MENU.

Breakfast.
Baked Apples
Sausage
Buckwheat Cakes
Cream Gravy
Maple Syrup
Coffee
Lunch.
Fried Oysters
Cocoa
Potato Scallop
Dinner.
Noodle Soup.

Lamb Fricassee
Canned Peas
Mashed Potatoes
Jam Pudding
Coffee
Egg Salad
Currant Sauce

FRIDAY MENU.

Breakfast.
Cereal
Fruit
Cream
Broiled Smoked Salmon
Creamed Potatoes
Sauce Tartare
Sally Lunn
Coffee
Lunch.
Scrambled Eggs With Tomato
Cocoa
Stewed Macaroni
Dinner.

White Bean Soup
Oyster Pie
Egg Salad
Egg Sauce
Baked Sweet Potatoes
Stewed Celery
Orange Pudding
Coffee

MENU NOVELTIES.

OYSTER LOAVES.—With a sharp knife cut off the tops of six French rolls and scrape out the crumbs; brush inside and out with melted butter and set in the oven until crisp. Pick over and drain twenty-five large oysters, put them in a saucepan and shake over the fire until the shells rattle, then drain again. Put the liquor drained from them into a cup and add sufficient rich milk to measure three-quarters of a cupful. With this make a cream sauce, using 1 tablespoonful butter, 1 large tablespoonful flour, one-fourth teaspoon salt, one-fourth teaspoon pepper, dash of mace. Simmer for three minutes, add the oysters and half a teaspoon lemon juice, set over hot water five minutes, fill the loaves, replace the covers and send at once to the table.

LAPLANDERS.—Scald 2 cupfuls milk, stir into it 1 tablespoon butter, one-fourth teaspoon salt; mix a little of this with the beaten yolk of two eggs, add to the warm milk, and stir the mixture into one pint sifted flour, then cut in the white of the eggs which have been beaten to a stiff froth. Have gem pans larding hot; grease them, fill two-thirds with the batter, and bake until brown in a quick oven.

VEGETABLE CUTLETS.—Boil 6 good sized potatoes and mash them fine, adding one spoonful butter, seasoning, and hot milk sufficient to moisten slightly. Chop fine one medium sized onion and fry until golden brown in one teaspoon butter; boil separately 3 medium sized carrots and 2 white turnips, chop, add with the browned onion to the potato. Season highly with salt and pepper, add 1 tablespoon finely chopped parsley, and set away until cold. Shape into small cutlets 1 inch thick, dip into slightly beaten eggs, roll in fine bread crumbs and immerse in smoking hot fat until golden brown. Drain and serve with any good brown sauce.

BLANQUETTE OF TURKEY.—Simmer the bones in 1 quart of water, adding a slice of onion and a bunch of sweet herbs. At the end of two hours strain and boil down until reduced to one and one-half cupfuls. Season and lay it in one pint meat cut in narrow strips. Simmer 20 minutes. Thicken with the yolks of three eggs, add a few drops of lemon juice and serve.

BEST WAY TO COOK OATMEAL.

The best way to cook oatmeal, according to a cooking teacher, is to cook it the day before, so as to be sure to allow time enough. To a cupful of rolled oats allow half a teaspoonful of salt and two cupfuls of boiling water. Pour the water directly upon the cereal, in the top of the double boiler, and allow it to boil for five minutes over the full flame of the gas range. Then place the cover on the boiler and let the cereal steam for three or four hours, if possible. The teacher referred to cautioned her class against stirring the oatmeal while it was cooking, on account of the pastiness induced, and she emphasized the necessity of making the breakfast as nourishing and appetizing as possible, especially if there were men in the family who had to start out early in the morning for their day's work. Every article that appears on the table should be as well cooked as possible, and no amount of time or thought that is expended on making the table attractive and wholesome should be regarded as wasted.

MARION MARTINEAU'S ANSWERS.

(Chicago Tribune.)

Mrs. J.: I see that you say you can cure indigestion. I have been a sufferer for years. What can I take to get well?

Take simple and easily digested foods. Live on spinach, on baked potatoes, on stewed apples, and stewed prunes. Drink a great deal of water and, for your dinner, if it is not against your principles, take a little light wine.

Miss G. B.: For many years I have suffered with a poor appetite. At times I can eat. But generally nothing tastes good to me. What is the best known appetizer?

This is a difficult question to answer. Upon some people a brisk walk in the open air acts as a stimulant. Upon others a little nap has the same effect. There are people who can eat no dinner until they have swallowed a cocktail. But this last method of stimulating the appetite is to be deplored.

Mrs. T.: Is it possible to use the electric needle for myself? And how would you do it?

The electric needle is used in this manner: The needle is pricked into the skin until it touches the root of the hair, which lies just below the surface. The electric current is then turned on. The needle is withdrawn and the hair comes with it.

Mrs. O. U.: Would you advise me to buy a galvanic battery and electric needle and get rid of the hairs on my upper lip?

It would be no harm to do so. You could probably use it all right. Many persons have succeeded. When you have finished with the needle you could probably sell it. It is not a costly affair to buy.

Miss K.: What is good for nettle rash?

I should say that, as a rule, nettle rash could be cured by diet. Perhaps I am not correctly informed upon this subject. Often a rash is produced by the eating of shell fish. Others cannot eat celery. Still others cannot eat eggs. A few cannot eat celery.

H. R.: How can I get rid of dandruff, which is of a most annoying nature? It falls upon my dress and I am sometimes white with it.

This is all wrong. Shampoo your head once with pure soap and water and wash off the soap. Now take and rub a little sweet oil into the roots of the hair. About twelve drops will do for the whole head. This heals the scalp. Apply this treatment once a week for the present.

Allice: I am a young girl in society, but am greatly annoyed by my figure. My shoulders are round and I stoop, yet I cannot help it. A well fitting corset will assist you greatly. It

will often act like magic upon the figure, apparently straightening it. Meanwhile take the deep breathing exercises and try to carry your shoulders back.

No Name: There are white spots on my nails. How can I take them off?
You cannot remove those that are already there. But you can prevent more from coming. Those you now have must grow off the nails slowly and finally come off as the nail is cut.

B. C.: What makes white spots on the nails? I am so troubled with them.

White spots come from using the orange wood stick too vigorously. The stick is pressed into the cuticle and the result is a white scar. Use the stick carefully. It is far better to press back the flesh with a towel while the hands are moist and soft from much soaking.

Debutante: I would like your recipe for soap jelly for washing my face.

Take a cake of pure soap. Shaving soap is reliable. Let it dissolve in hot water, add a teaspoonful of borax. Set aside to cool. Use as a soapy lather for the face. Wash off with a dozen hot waters.

Annette: I am told there is a soap jelly which cures a sore skin. Can I get directions for making it of you?

Take bits of pure soap and powder them by pounding them in a cloth. Put into a double boiler and cover with sweet oil. Let all dissolve together. Set away to stiffen. There are certain kinds of soap that lend themselves well to this treatment.

Miss H. L.: I once had a jelly preparation which removed blackheads from the face. Can you tell me what it was? I have often tried to get it but could obtain it nowhere.

There is a soap jelly which is good for this purpose. It is made by powdering a coffee cup of soap. Use Castile or some good toilet soap. There are many kinds that are advertised and which are useful. To the soap add a teaspoonful of sweet oil. Let it melt in a double boiler. Cool and use for the face. Remove with hot water.

Miss T.: How shall I use the skin food to keep my skin nice?

Massage it gently into the face before going out. Dust powder lightly over it.

Miss H. J.: How can I take hairs out of a hair mole?

Pull them out. Then apply an acid to keep them from returning. Lemon juice will do in some cases. In others it requires weak ammonia.

Grandma: I took my wrinkles out with your wrinkle cream. Now let me send you my hair tonic for gray hair. Take of strong black tea six ounces. Add to it an ounce each of bay rum, spirits of cologne and alcohol. This will darken red hair and stimulate black hair.

Mrs. G.: I want a good shampoo. Please tell me something that you will warrant not injurious. Take a cake of fine soap. Melt it in hot water. Let cool and use as a shampoo mixture. Rinse the hair in a half dozen waters. In the last water put a little borax powder.

NAMES OF FABRICS.

Muslin is named for Mosul, in Asia.
Serge comes from Xerga, the Spanish for a certain sort of blanket.

Bandanna is derived from an Indian word signifying to bind or tie.
Calico is named for Calicut, a town in India, where it was first printed.

Alpaca is the name of a species of llama from whose wool the genuine fabric is woven.

Alpaca is the name of a species of llama from Peru; satin is a corruption of Zaytown, in China.

Velvet is the Italian "velluto," woolly, and is traceable farther back to the Latin vellus—a hide or pelt.

Shawl is from the Sanskrit sala, which means floor, shawls having been first used as carpet tapestry.

Tom Lipton's "Irish Bacon."

Washington, D. C., Jan. 23.—That rare and choice brand of "Irish bacon" with a flavor that is all its own and broad streaks of lean in it is put up in the Chicago stockyards by Sir Thomas Lipton, according to Secretary of Agriculture Wilson.

The famous Irish hunters which alone are capable of carrying a "ten stone" Englishman to the hounds, are, according to the same authority, gathered up by Sir Thomas at the Chicago stockyards, where they are found to be the best.

The information was imparted to the house committee on agriculture in the course of a statement by the secretary upon the scope, purpose, and development of the agricultural department.

The bacon, it appears, is a particular British fad, and there are many Englishmen of particular tastes who are content with nothing short of the genuine lean bacon from the Irish hog. Therefore it devolved upon Sir Thomas Lipton to supply the demand and provide a uniform grade of Irish bacon that could be relied upon at all times to be just the desired article.

The Chicago market seemed to have the proper pig for the purpose. According to Secretary Wilson, he appears to be a remote relative of the razor-back and is particularly noticeable because of the absence of fat on his bones.

There is no question as to the quality of the meat, and the flavor of the bacon is considered by many superior to that of the fat hog. It is this animal who has been called upon to represent Ireland at the British breakfast table. The bacon is carefully cured and as carefully canned. Then it is shipped to Ireland, where it is given the last necessary touch of Irish with a paste brush and label and carried across the channel to serve its purpose.

It is surmised that with the wider opportunities for selection offered in Chicago a superior article of Irish bacon is the result of the enterprise.

Irish hunters, too, it appears from Secretary Wilson's statement, are more plentiful in Chicago than in Ireland. The great horse states contributing to the Chicago stockyards can supply any sort of horse desired. Sir Thomas, the secretary says, has several Irish experts on hand, who pick out likely weight carriers, and when a good consignment is assembled it is shipped to Ireland, where each horse is put through a course of training at gates and bars until he becomes a really good hunter.

After that the English riders are allowed to see them work, and another strand is added to the tie that binds the United States and Great Britain in closer friendship.

Explains Their Ignorance.

People often wonder how it happens that Protestant pulpits are so often the channels of ignorant and exploded falsehoods against the Catholic church. Of the Baptist ministers their chief organ, the Standard, says: "It is not too much to say that any man may secure ordination to the Baptist ministry if he convinces the council called for his examination that he is a good man, however ignorant he may be or however disqualified for the ministry by lack of natural ability or of preparatory training." And the Congregationalist, speaking for its denomination, says: "We should not venture to put the case as strongly as this of the Congregational ministry, but we are persuaded that most men who are persistent enough can find some where a door that is open into it."

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